

How to Catch Health.

By Dr. Lazarus Preston.

WHEN our bodies are in a disordered condition, changes of temperature cause us to have what we call colds. This means that the body is so clogged with waste material, that is, material it cannot use, that its action is enfeebled; action is warmth, and when the action is feeble we cannot endure cold; the stillest stream of water freezes the quickest. If we enfeeble the action of our bodies by choking all its avenues with more food than it can use, or the kind of food it cannot use, or if we enfeeble the body by putting into it inflaming substances like spices, meat and liquid stimulants, or if we make it weak by over-action, exhausting it as we do in excessive work or play, we shall take cold easily, and suffer more or less severely as the abuse is small or great. Disease cannot enter our bodies except there is something of kin there; for it is an affinity for a perfectly healthy body will never catch any disease, for it is a non-conductor of disease; it is a conductor of health only. All over this earth it is the same; the law of magnetism prevails in every created thing; magnetic attraction determines the quality of everything that comes to another.

It is in this way that all diseases are caught; this is the only contagion that exists. A person does not catch smallpox because someone else has it, but because his condition favors it: his condition has an affinity to his surroundings or someone brings conditions that harmonize with his own. It would be a poor plan to take a dangerous poison into the system to neutralize or counteract another poison, and the intelligent minds of today are discarding such methods as barbarous. Nature always works for us, and if we work against ourselves and nature, the difficulty always works for us. So long as nature is working for us, trying to repair our injury to ourselves, there is pain, but when nature is vanquished, and can do no more, there is no more pain, but death, the dissolution of the body; for action, which is vibration, is what keeps the body in form, and when it ceases the body has nothing to hold it in form and it falls to pieces.

Let us live so that we shall catch health instead of disease; let us make ourselves good conductors of life; if we are now diseased, let us make ourselves good conductors as quickly as possible. If we are so weak and enervated that we cannot make the effort alone, we can get help from the strong magnetic currents of someone who understands the law of magnetic attraction, and such a one will not only strengthen the magnetic currents of the feeble one, but teach them how to help themselves and be their own conductor.

The Blessing of Work.

By the Rev. T. B. Gregory.

LABOR makes all that we eat and drink taste good to us. Labor gives the sound, refreshing sleep that no opiate can supply. Labor insures the good digestion and rich red blood that no prescription of the apothecary is able to give.

More than this, labor confers the priceless boon of self-respect. The worker is a man—the rest are mere manikins—puppets in an idle play of the world's work, thereby advancing the world's progress, have the proud consciousness of being useful.

With no alien feeling do they walk through the world. Upon the varied industries which united effort is pushing out the frontier of civilization they can look with the consciousness that they are a part of it, a living, vital part.

To the grandeur, material and moral, which rises more and more imposingly about them, they feel that they are contributors, since it is by their muscle and brain, by their labor of hand and head, that it has all come about. And is it not a most exhilarating thought? Can the petted, pampered, darling, idling in his luxurious idleness, have the glory of such thought bought for him with all his money?

Let no man bemoan the fact, then, that it is his lot to labor. It would be a piece of supererogation to say that labor is "honorable." Not since the French Revolution has the world thought otherwise.

But labor is more than honorable—it is glorious and blessed. It gives a glow to the cheek and a glow to the heart. It makes a man manly and self-respecting. It confers the proud consciousness of co-partnership with the advancing world.

Find something to do, then, and do it. Look about you for some useful task to which you may seriously and lovingly dedicate your energies; and be glad and proud of the opportunity of finding one.

Be a man, not a manikin. Be a worker, not a drone. Thus shall you find the only real pleasure—that of knowing that you are doing something toward making the race of mankind wiser, happier and better.—New York American.

Honor or Honour—Which?

By Professor Thomas R. Lounsbury.

THE historical survey shows that in the vast majority of instances the forms in or have supplanted everywhere those in our. About two dozen words in common use have outlived to some extent the revolution which has brought the others to this one termination. As the few survivors from the general wreck, they are now regarded by some with tender interest. They have to others the very genuine attraction of being anomalous. They are exceptions to a general rule and contribute an additional perplexity to the existing perplexities of English orthography. As their form is not based upon analogy, which all can understand, but upon derivation, which only a few can know, or at least think they know, the mystery of their peculiarities is secreted in the fact that they are a sort of social and literary superiority. Furthermore, their employment is regarded as being of the nature of an appeal to nobler sentiments than those which owe their origin to considerations of mere utility.

The reference to derivation leads to another consideration. The history of the word which has been given disposes effectually of the common but utterly baseless assertions that the form honor came into the language, and that it had its origin in America. But there is another assertion widely circulated and generally accepted which, on account of the pretentiousness of the ignorance displayed in it, is somewhat more exasperating. We are constantly told that this word should be spelled honour because it came from the French honneur. Were we to concede the fact to be true, the inference drawn from it would seem hardly warranted. If we keep to the fact that it is in the French word, would not our happiness be increased by retaining the e also? Why, indeed, should we spell it with two n's instead of one? In the sixteenth century, when derivation was rampant, this was occasionally done.—Harper's Magazine.

Be Careful of Your Carriage

By O. S. Marden.

NEVER allow your physical standard to drop. Keep up your energy; walk as if you were somebody and were going to do something worth while in the world, so that even a stranger will note your bearing and mark your superiority. If you have fallen into a habit of walking in a listless, indolent way turn right about face at once and make a change. You don't want to shuffle along like failures we often see loitering about the streets, with their hands in their pockets or haunting intelligence offices, wondering why fate has been so hard with them. You don't want to give people the impression that you are discouraged, or that you are already falling to the rear. Straighten up, then! Stand erect! Be a man! You have royal blood in your veins. Emphasize it by your bearing. A man who is conscious of his kinship with God and of His power, and who believes thoroughly in himself, walks with a firm, vigorous step, with his head erect, his chin in, his shoulders thrown back and down, and his chest well projected in order to give a large lung capacity; he is the man who does things.

You cannot aspire, or accomplish a great thing or noble thing so long as you assume the attitude and bearing of a coward or weakling. If you would be noble and do noble things, you must look up. You were made to look upward, to walk upright, not to look down or to shamble along in a semi-horizontal position. Put character, dignity, nobility into your walk.—Success.

No Need to Watch America.

Orders were issued yesterday to close the Halifax dockyard, and its 300 employees were given one week's notice of dismissal. This is said to be in line with the new plans for reorganizing the British Navy, which change the system under which a fleet has had its headquarters at Halifax or Bermuda, substituting for this fleet a large flying squadron in touch with other waters, and leaving only two or three British ships on station. It is said that the Ariadne will be withdrawn not to be replaced.

The dockyard is one of the most extensive properties held by the Imperial Government in Halifax. Large workshops have been erected and many ships of the British Navy have been repaired there. Year after year improvements have been made, and almost any kind of work can be done there upon short notice.

It is stated that the Admiralty House will be dissolved or sold for private purposes and that perhaps the Naval Hospital will no longer be required. It is probable that the ground vacated by the closing of the works will pass to the control of the Intercolonial Railway, which is handicapped for years—Consular Reports: From Consul-General Holloway, Halifax.

Twice a year 50,000 men and boys scattered from one end of England to the other must be fitted out with new clothes. These are the employees of the postoffice department, and it is no small task to provide these garments, to say nothing of making sure that each is well fitted. The department uses 287 miles of cloth, 303 miles of lining, besides 2,000,000 of 4,000,000 buttons and the other things which go into the making of a garment. To simplify this work the device of "fitting sizes" has been resorted to and as a result the men are clothed with automatic precision and with only 2 per cent of mistakes.

MANY DIE IN FIRE

Nineteen Charred Bodies Tell Grim

Story of Death

ROASTED IN A TENEMENT HOUSE

More Than 40 Others Were Injured, and Only a Few of the Sleeping Inmates of the Building, Which is on the New York East Side, Escaped Unhurt.

New York, Special.—Nineteen persons were burned to death in a fire which destroyed the five-story house, 1,005 Allen street, early Friday. More than 40 were injured and only a few of the sleeping inmates escaped unhurt. Several of those who perished were roasted to death in plain view of thousands in the streets. Coroner Goldenkrane declared after an investigation that he had reason to believe the blaze was the work of an incendiary. He issued subpoenas for the fire marshal, tenement house and building inspector and health and police officials to appear before him at the inquest Thursday.

The fire started in the basement and spread with frightful rapidity to the roof. The victims were caught in traps of flames, the halls and exits being rendered impassable in a few minutes after the blaze started. The building was one of the usual tenement and the disaster was the worst in the history of the East Side. The district attorney's office has begun an investigation to place the blame for the great loss of life. Chief Croker, of the fire department, asserts that the police are to blame for the violations of the fire escape law. The tenement house department officials, however, say that the blame is on the shoulders of the fire commissioner.

Of the nineteen dead, three bodies, those of a boy and two girls remain unidentified.

Crowded fire escapes in the rear of the tenement house were largely responsible for so many deaths and injuries among its population, which approached 200 souls.

The scenes were heartrending. The fire started in the basement, occupied by Isaac Davis, his wife and three children. When Davis reached home early this morning and went into his room on the same floor he saw a kerosene lamp in the rear explode.

He awoke his wife and both tried to put out the flaming lamp but without success. A policeman who heard the cry of alarm rushed to the scene and every effort was made to arouse the sleeping people. Meantime the flames had spread with startling rapidity and the occupants of the upper floors awoke to find themselves confronted by a wall of flames on nearly every side. Panic-stricken people rushed to the fire escapes only to find them littered with rubbish. On some of the escapes the rubbish was so closely packed that it became impossible to pass certain points and literally women and children stood literally roasting to death as the flames reared through windows around them. One of the escapes was manned by Policeman John J. Down, who had run a plank across to the window of an adjoining building. He rescued nearly a dozen persons, but finally fell 20 feet to the paved yard and shattered his shoulder. Dozens of people were taken from the crowded fire escapes and up per windows. By this time the building was a furnace and the rescues were effected in many cases only through heroic efforts of the firemen. Lieutenant Bonner, son of the former chief, descended the now red hot fire escapes five times. Four times he brought down a woman or a child in his arms and was barely saved from death. The fifth time he was descending with an unconscious woman but staggered and was barely saved from death. Once Bonner rescued a little girl from a window where she stood surrounded by flames. She pleaded with him to leave her on the escape and go in after her little brother whom she said had fallen unconscious. Bonner jumped into what looked like a furnace, found the boy and saved him.

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DECISION IN LIBEL CASE

State Supreme Court Hands Down Important Opinion.

Columbia, Special.—An important decision was handed down in the Supreme Court involving libel suits of \$10,000 each against The Charleston News and Courier and The Charleston Post by Augustus M. Flood, who was referred to in both publications as a "colored man," in their mention of his suit against the Charleston Street Railway. The decision is against the newspapers and the cases go back to Charleston for the assessment of such damages as a jury may see fit. The reference to Flood as a colored man was an error which the other paper fell into by reason of the other's lack of diligence, and both papers promptly apologized when the mistake was called to their attention. In the complaint Mr. Flood alleges that the reference to him as a colored man damaged his social and business position to the extent of \$10,000 in each case. The depositions "set it up" on the ground that under the fourteenth and fifteenth amendments to the Federal constitution to refer to a man as a negro is not libelous per se and that to refer to a white man as a negro when he is not a negro is an apparent mistake which can do him no harm. The Supreme Court reserves this position and holds that in spite of the Federal constitution it is libelous per se to refer to the defendant "set it up" on the ground that under the fourteenth and fifteenth amendments to the Federal constitution to refer to a man as a negro is not libelous per se and that to refer to a white man as a negro when he is not a negro is an apparent mistake which can do him no harm. 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